



ACCENTS

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DEDICATION TO THE BOOK UNDERWOODS

BY ROBERT LOUIS STEVENSON

TRIBUTE TO A DOCTOR

There are men and classes of men that stand above the common herd: the soldier, the sailor and the shepherd not unfrequently; the artist rarely; rarely still, the clergyman; the physician almost as a rule. He is the flower (such as it is) of our civilisation; and when that stage of man is done with, and only remembered to be marvelled at in history, he will be thought to have shared as little as any in the defects of the period, and most notably exhibited the virtues of the race. Generosity he has, such as is possible to those who practice an art, never to those who drive a trade; discretion, tested by a hundred secrets; tact, tried in a thousand embarrassments; and what are more important, Heraclean cheerfulness and courage. So it is that he brings air and cheer into the sickroom, and often enough, though not so often as he wishes, brings healing.

Back in 2013 I was being managed by John Hausdorff, an oncologist at Pacific Cancer Care. One day I saw him for a routine appointment, nothing out of the ordinary. BUT as I drove away, I began raving out loud in my car about how blessed I was to have the finest MD in the world caring for me...how lucky I was to have him when I most needed good care. I told this story of my ravings to a couple of friends, and they told me that he should hear my ravings because physicians don't often hear anything positive from their patients. So, I sent him a brief note of profound gratitude to his home address, and I had the following response from him within 48 hours...

Hi Janet-

Thanks for your note.

It warmed my heart!

The job can be tough

at times, and as it

turns out, some folks

have a pretty hard time,

relationships can sour,

and there is more than
enough stress for all.

Your letter was a bright spot
on a rugged day.

Much appreciated.

Fondly, John Hausdorff

John Hausdorff now practices Palliative Care on the Monterey Peninsula.

Janet McDaniel



Physicians Living at Carmel Valley Manor

Mel Britton, MD
Jack Enbom, MD
Barbara Fowble, MD
Bill Kern, MD
Ken Rich, MD
Larry Rosen, MD
Mike Smith, MD

Dick Wheat, MD
These physicians are listed alphabetically, not by age nor years lived at the Manor.

Dr. Paul Tocchet & Dr. Greg Tapson practicing at the Manor.

Alzheimer's Walk-A-Thon tomorrow 10:30AM Meet in the Parking Lot



Alzheimer's disease slowly destroys memory and thinking skills, and eventually, the ability to carry out the simplest tasks. Symptoms typically appear in the mid-60's. Data suggest that more than 5.5 million Americans may have dementia caused by Alzheimer's.

It is ranked as the sixth leading cause of death in the United States, but recent estimates indicate that it may rank third as a cause of death for older people...just behind heart disease and cancer.

An early postcard of Carmel Valley Manor



On one of my walks by the chapel, I was intrigued by the tall structure on the side of the chapel. It was a bell tower that I had never noticed before. But where was the bell? It appeared to have a metal hanger, but no bell. Old photos didn't show a bell, and long-time residents didn't remember a bell. So, the tower had to have a bell to fulfill its purpose. EBay had a bell, and thanks to Carlos and company now the chapel has its bell.

~~~~~Ken Johnson

Thanks also to Ken for restoring Hollow Hills Chapel.



"Breezing Up" by Winslow Homer. Completed in Centennial year 1876

### NEW/SOON-TO-BE RESIDENTS

Barbara Fowble  
Sandy Storm  
Martin & Karen Wiskoff

Beverly Hamilton  
James & Betty Kasson  
Roberta Bialek-Elliot

### HAPPY BIRTHDAY

|       |            |       |            |
|-------|------------|-------|------------|
| 10/16 | Shirley L. | 10/25 | Tory R.    |
| 10/19 | Ann M.     | 10/26 | Marilyn F. |
| 10/21 | Dorothy B. | 10/28 | Beverly F. |
| 10/23 | Martha L.  | 10/29 | Sandra L.  |
| 10/23 | Armand L.  |       |            |



*Death is nothing at all.  
 I have only slipped away to the next room.  
 I am I and you are you.  
 Whatever we were to each other,  
 That, we still are.  
 Call me by my old familiar name.  
 Speak to me in the easy way  
 which you always used.  
 Put no difference into your tone.  
 Wear no forced air of solemnity or sorrow.  
 Laugh as we always laughed  
 at the little jokes we enjoyed together.  
 Play, smile, think of me. Pray for me.  
 Let my name be ever the household word  
 that it always was.  
 Let it be spoken without effect.  
 Without the trace of a shadow on it.  
 Life means all that it ever meant.  
 It is the same that it ever was.  
 There is absolute unbroken continuity.  
 Why should I be out of mind  
 because I am out of sight?  
 I am but waiting for you.  
 For an interval.  
 Somewhere very near.  
 Just around the corner.  
 All is well.*

Henry Scott Holland~1847-1918  
 Canon of St. Paul's Cathedral~London, UK

## SOMETHING TO PONDER

“Your time is limited, so don’t waste it living someone else’s life...Have the courage to follow your heart and intuition. They somehow already know what you truly want to become.”

**-Steve Jobs, 2005**

“Life isn’t about finding yourself. Life is about creating yourself.”

**-George Bernard Shaw**

“I did not know that talent was gender based!”

**-Julia Morgan**

“an American with the warmth and directness that no one else in this English hospital could muster...”

**-From SATURDAY by Ian McEwan**

“As soon as a person asks the question ‘How do I live my life the best way?’ then all other questions are answered.”

**- Leo Tolstoy**

“Remember that nothing matters more than love. Real love. Find your heart’s desire. Cherish him, her, them. It sounds trite now, even to such young, idealistic ears such as yours, but true happiness only ever comes from having the self-knowledge to see that your self is best actualized in someone else.”

**-Gerard Baker, WS Journal, May 2, 2020**

## REMEMBER THESE OLE TIME EXPRESSIONS??

~~~...down in the dumps.  
 ~~~We’re all in the same boat.  
 ~~~odds ‘n ends  
 ~~~he/she’s got cooties!  
 ~~~Growing old ain’t for sissies!  
 ~~~She’s all gussied up!  
 ~~~Dead as a doornail. This expression goes back to the 1300’s! A doornail was one of the heavy studded nails on the outside of a medieval door.  
 ~~~Fit as a fiddle...  
 ~~~one thingamajig at a time  
 ~~~scuttlebutt...originally Navy slang for a cask used to serve water (later a water fountain) where sailors exchanged gossip when they gathered for water...  
**Butt = cask...scuttled by making hole in it.**  
 ~~~It’s my way or the highway.  
 ~~~raise a ruckus...  
 ~~~He’s losin’ his marbles!

~~~a trip down Memory Lane  
 ~~~skedaddle...**invented by a newspaper in 1862. Describes evacuation of Richmond by Confederate government when Federal troops under McClellan outnumbered Confederates 10 to 1. “to flee in a panic”.**  
 ~~~spruce up...  
 ~~~she’s a fuss budget...



Barbara Fowble

The chemistry lab at a Baltimore Hospital was for this child fascinating. So fascinating that it led to her life's quest and accomplishments. Her father was an elementary school teacher, and her mother was a nurse. And Barbara loved to work in the hospital's chemistry lab when she was in high school. That interest led her to Duke

University where she earned her BA in chemistry. From there she went to medical school at Jefferson Medical College in Philadelphia and received her MD degree. She completed an internship in Internal Medicine at Beth Israel Hospital in New York City, followed by a residency in Radiation Oncology at NYU-Bellevue. She joined the faculty in Radiation Oncology at the University of Pennsylvania and Fox Chase Cancer Center and rose to the academic rank of Professor. Her area of expertise was breast cancer.

Barbara was well known in her field, and through collaborative efforts she met her colleague, Gerald Hanks MD. Jerry became the Chairman of Radiation Oncology at Fox Chase Cancer Center, and in 1988 they were married. Unfortunately, in 2001 the onset of several illnesses prevented him from working, and a decision was made to move to his native state of California. They had purchased property in Healdsburg in 1991 and planted a 14-acre vineyard (Merlot and Chardonnay). Their grapes were sold to Clos du Bois. Unexpectedly, Barbara was offered a position in the department of

Radiation Oncology at UCSF. She joined the faculty there in 2006, and the vineyard was sold. Her analysis of the difference between East Coast and West Coast medicine is interesting. "East Coast medicine is practiced more by the book while West Coast medicine is more out of the box and perhaps more forward thinking". With age and experience one is open to more ideas, whereas when young, following the known path is easier.

A move to Tiburon in 2011 was prompted by the long commute from Healdsburg and increasing medical problems for her husband. In 2016 she retired from UCSF to become the full-time caregiver for her husband who sadly passed away in 2017. Fortunately, Barbara was not left alone. In 2010 she had rescued Wall-e, a lovely black cat, to keep her husband company. Then in 2017 she rescued Boo Boo, a fluffy black and white Shih-Poo. Through her walks with Boo Boo, Barbara was able to make friends with fellow dog walkers. One day she stopped by to see a friend and found her lying on the floor where she had been for hours. This incident started her thinking this could happen to her. With no family nearby (sister lives in Virginia), her home away from home had been her work family. She started exploring the options of a Life Care facility with certain caveats: no high rise, a garden, a bedroom and a den, and 2 pets allowed. The Manor filled all these requirements.

Selling a house and moving during a pandemic were certainly challenges. Decisions for her apartment had to be made long distance, but she is used to overcoming obstacles. Now that my new neighbor is here, she has already volunteered in the Manor's community garden, joined in the water aerobics class, and looks forward to joining the hiking group when possible. We welcome Dr. Barbara Fowble, Wall-e and Boo Boo to the Manor.

Jane Upp

PUBLICATION STAFF

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ADDRESS SERVICE REQUESTED